Free Dental Camp

Three days free dental camp was held at SBDC, Gandhara University. Keeping past traditions alive, the Sanford Begum Dental College held a free dental camp from 17th – 19th Dec, 2013 on the college premises. More than a thousand patients with various dental needs and problems availed free services at the hands of professionals. Dental procedures such as fillings, extractions, scaling and other dental services were all provided to those in need of it. All medicines were provided free of cost accompanying the procedures. The Chief Guest on occasion was Mr. Mushaqq Ghani, Adviser to the Chief Minister on Higher Education.

An Oral Hygiene Information Desk was also set up by the 2nd year BDS students. The Desk was meant to provide information regarding all oral hygiene practices such as brushing, flossing, mouthwash etc. Judging from the number of people around the desk, it was evident that people do listen when information is conveyed according to their level of understanding.

Farewell

Gandhara University would like to wish its outgoing doctors a very gratitude-laden farewell for serving the university and their profession so passionately and selflessly. We wish them the best of health and a very enjoyable retirement.

• Prof. Dr. Attaq Ghani, Head of the Department of Pathology Kadir Medical College.
• Col. (Retd.) Farid Khan, Head of the Department Oral Biology Sanford Begum Dental College.

New Session Entry Test

Under strict security and surveillance the entry test for new students of both MBBS and BDS was conducted on September 14th. Approximately 1200 applicants (girls in equal ratio to boys) were seen taking the test on the Gandhara University premises.

Free Dentistry Camp

The Chief Guest being shown around the hospital by the Principal Dr. Shafeed Iqbal, SBDC.

Knowledge is Vision
Dear Editor,

No matter what people say, Pakistan is my homeland. But someone asks me about the changes that I want to seek in my motherland, there are certain things that come to my mind. Being a female living in a male-dominated society can be very taxing at times. The change that I desperately want to see is equal rights for both genders. Women’s intelligence is an untapped resource in Pakistan and if this is used it can do wonders for the country. Education is the basis of any developed nation. Education enables one to distinguish between right and wrong and to make a wiser decision. This change is being awaited by not only me but all those people who dream of a prosperous nation. Provincialism is another plague which unfortunately exists in my country. Instead of being a Pakistani we are Punjabis, Pakistanis, Sindhis and Balochis. Let us pray and strive for a more self-reliant Pakistan which does not need helping hands and realize our commitment in making it a more prosperous and much more independent land, Ameen.

Aillya Abd
2nd Year, B.D.S

Do the words you speak pass these ‘four’ gates?

An old school tradition advises us to speak only after our words have managed to pass through four gates. At the first gate, we ask ourselves, “Are these words true?” If so, we let them pass on; if not, back they go. At the second gate we ask, “Are they necessary?” At the third gate we ask, “Are they beneficial?” And at the fourth gate, we ask, “Are they kind?” If the answer to any of these is no, then what you are about to say should be left unaided.

Ring in the New

The new sessions for MIRBS and BOS have begun also the start of cold weather along with its multiple ailments and hence the patients rush to the university’s doctors and dentists. Welcome back to the students and a happy, healthy and quick recovery to all the patients.

uniforms are ‘In’ this season

This is also the first time and the first semester which gets to undergo the latest rule: which is to wear a UNIFORM. All female students have to wear a dove grey shirt with white dupatta and white trousers from this session onwards. When asked about this latest move, many girls wore a sad face, “not at all happy with this decision. Who would be?”

I had stitched many colourful new shirts and now they have to be kept hanging in my wardrobe while I wear this dull shirt”. On the other hand, the male students who had already been afflicted with a dress code for the last many years had no such issue with their uniform – who said one should look at one side of the picture only?

Continuing Faculty Education

Dedicated to improving the quality of education, Gandhara University takes further improving imparting skills

A one day workshop on Continuing Faculty Education was held at Gandhara University on 25th November. The workshop was organised by the Department of Medical Education, Gandhara University and conducted by Dr. Jawad Ahmad Kundil. The workshop focused on imparting knowledge about OESCs and GSEPs. The participants also performed the task of writing OESCs and GSEPs in their relevant specialties which were presented, discussed and critiqued by the participants.

GANDHARA NEWS

Vol. 04 July-Dec 2013

No Puff Goes Unpunished

Second-hand smoke (Ssh) which is also called environmental tobacco smoke (ETS) is a mixture of two forms of smoke. Side-Stream Smoke which is also known as reverse smoking is inhaling smoke from the lightened end of the cigarette. Main-Stream smoke is the smoking exhaled by a smoker. Side-Stream smoke has higher concentrations of cancer-causing agents (carcinogens), and about 0.5mm which can reach easily the lung spaces. Non-smokers who breathe in Ssh take nicotine and toxic chemicals by the same route as smokers. Ssh is classified as a “Known-Human carcinogen” by the US Environmental Protection Agency (EPA)

The US National Toxicology for Research on cancer (NTP) is a branch of WHO and their research shows that Ssh has a role in the causation of childhood leukemia and cancers of the larynx (voice box), pharynx, brain, bladder, rectum.

IARC reported in 2009 that parents who smoke before and during pregnancy were more likely to have a child with hepatitis B. The effect is much lower than in those who are regular smokers, but this doesn’t mean there is no health consequences” says Dr Ronald Crystal, chief of Pulmonary and Critical Care Medicine at New York.

Occupational Safety and Health Administration (OSHA) is concerned about Ssh as a possible carcinogen at work. The National Institute for Occupational Safety and Health (NIOSH) and OSHA recognize that there is no safe level to Ssh, and recommends that exposures be reduced to lowest possible levels.

Warda Maryam
Final Year BOS

GANDHARA NEWS

Vol. 04 July-Dec 2013

Today when I walked across the lawn of my university, first score of steps sent me back to the memories of all the 5 years that I spent here. Memories of people, friends, crushes, lovers, teachers, books, buses and exams that all surrounded me. I am convinced that these were the best days of my life. I remember the very first day while walking in the same lawn, overwhelmed by the feeling of making it to a medical school and the excitement with which I boarded the plane and the excitement with which I groomed myself for the MAHO of a medical school is what makes me laugh and an embarrassment on the same time. It all seems immature but yet it holds a significant place in my life.

I thought I was the only one looking stupid but when I saw the guys with Teri no armwall hair styles and many more, that calmed me down then and now. On the contrary there were benchmarks all around which helped me cruise towards what I am today. Going through all the nights, endless tensions, the evens and odds, ups and downs and lefts and rights welded me into something that is known as a Doctor by rest of the world. The first day when it seemed to be a never ending journey has passed in a blink of an eye and here I am at the very end of it. Looking back, the memories that are engraved on my heart, be it the sports events in the university or the Gold Medals after the annual, fights outside the college or the parties inside, everything is a story to brag about later on.

I know everything will change once I leave this place towards a practical life but I am glad to have lived every day of my life here.

By Dr Haroon Malik
House Officer SBOC

CONDOLENCES

- Prof. Dr. Khan Haider, ortho-surgeon – passed away during bypass surgery
- Dr. Amaghan Siddiqui, KMC. Best Graduate 2012, passed away due to Congo Virus
- Dr. Amjad Baser’s father
- Ms. Shams ud Dua – Incharge Head Nurse, NTH
- Dr. Raees’s Father

Research Publications

Naez Ahmad
“Orthodontic Treatment Outcome Assessment using Peer Assessment Rating Index”.
“A comparison of Arch Dimensions Among Different malocclusion Groups”.

Sofia Kabir
GANDHARA NEWS

A Visionary’s Hospital

The intention then this locality would certainly never have been chosen. The hospital has a total of 11 wards, with 10 rooms (5 side and 5 private) and 150 beds occupancy. Flanked with the facilities such as ECG machine, x-ray equipment, ultrasound, a laboratory for basic tests, vaccinations, pharmacy and even a 24-hour casualty, the hospital also has two doctors for a daily night duty. There are 2 full time operation theatres and anaesthesia availability even after 2 pm. The Gandhara University students fully make use of the hospital as most of the dentistry students come here for their classes with the teachers and doctors.

Not being situated in the middle of a main bazaar, the availability of food for the patients and their attendants can be a huge problem. As the Japanese ran a full time, completely free kitchen so it is a huge room which has recently been re-equipped, brought up to date and now cooks regular meals alongside running a canteen. The doctors are encouraged to order food or tea, and the kitchen also caters to the patients’ diet. People are also encouraged to place orders for free lunch for the patients coming to the hospital, especially on 7 days, as a free khaniat food would be right up the hospital’s lane.

Looking at the beautiful garden surrounding the building there is space enough to cater to all the Gandhara University greenery.

New Edition of Basic and Clinical Pharmacology

Prof. Dr. Abdul Wadood’s latest edition on Basic and Clinical Pharmacology is now out! Dr. Wadood is the Head of the Pharmacology Department in Kabir Medical College and this is the 4th edition of the book. The first edition was published in 2004 which has been used as a textbook in many medical colleges around the country. This updated version has come through after further research and revision. With indeed SIGS at the end of each chapter, it also contains MCQs at the end of each section to provide further guidance to the students. Dr. Wadood has set precedence for many to follow.

News from Orthodontics Department

3rd Annual International Ortho Conference was successfully held at Bhurban

The Pakistan Association of Orthodontics annually arranges an international conference for the benefit of doctors, teachers, trainers and students. This year the 3rd Ortho conference was arranged at Pearl Continental Bhurban on the 7th and 8th of September, with a pre-conference workshop held on the 5th and 6th and a post conference workshop from the 9th – 12th September. A total of 8 international speakers of repute, all renowned orthodonticists participated in the conference. The Orthodontics Department of Gndhara University including the house officers, faculty and residents fully participated in the workshops which included lectures, demonstrations as well as student competitions including Scientific Poster and photo competitions.

Poster Competition

Congratulations to Dr. Haifa Gul for standing first in the Scientific Poster Competition held at the International Orthodontics Conference held at Bhurban. Her poster topic was “Shear Bond Strength of Resin Modified Glass Ionomer with and without prior conditioning with 5.25% Sodium hypochloride: In-vitro study Randomised Controlled Trial”. Credit is also due to Gandhara University as out of a total of 10 posters at the competition, 6 were from the Sardar Begum Dental College students.

It is not easy to locate Town Teaching Hospital but once there, the scenery is in sharp contrast to the outside world

Entering the hospital premises, one is transported into a serene environment. One with flowers, greenery, open spaces and a calm quiet. A complete opposite to the chaos in the bazaar right outside its high walls, Town Teaching Hospital is the latest in the Gandhara University endowments. Spanning nearly 20 kowns of land, the hospital was originally erected in 1995 by the Japanese Government on land bequeathed by the affluent locals of the area. In 1998 it started operating as a completely free general hospital under Japanese administration and a local medical team. The Japanese had a strong intention for it to be run as charity; hence the free treatment, free medicines, and even a daily totally free lunch (lunghi) would be cooked for the patients and their families. But like all good things this too came to an end, and due to the deteriorating security in the province, the Japanese had to completely abandon the hospital in 2010. It was in 2013 that the Gandhara University administration obtained the hospital on lease and since then the "Japanese Hospital" (as it is still locally known) is back on the same track where it stalled a few years ago.

As if imbedded in its walls, or whatever else that holds the construction together, the hospital is again running on charity. Charging only Rs. 16/- for an admission slip, the rest is all free. Had making money been
GANDHARA NEWS

Pak Japan Celebrates Friendship

Living up to the expectations the Speech and Art Competitions were a hit amongst school children

The Embassy of Japan in Pakistan and the Pakistan Japan Cultural Association of Khyber Pakhtoonkhwa arranged its annual painting and speech competition for school children at Kabir Auditorium, Gandhara University, held on the 24th of September. The competition was held between a number of schools in Peshawar. The Chief Guest on the occasion was the Advisor to the Chief Minister, KP, Mr. Muftaq Ghani, who, in his speech, highlighted the dire need for such recreational activities for children. Being an occasion dedicated to art, fun and learning, the school children were actively involved in all associated activities. Through learning about other cultures at an early age, these very same children eventually can adapt and not endure severe culture shocks when they go abroad (for instance to Japan), for higher education.

A Pink Ribbon Month

Gandhara University joins the campaign to raise the direly needed awareness on breast cancer in Pakistan

The whole month of October was dedicated to raising awareness in Pakistan about breast cancer. According to statistics, every 9th woman in Pakistan is at risk of getting Breast Cancer at some point in her life, leading to 23 deaths per state that it is not the killing but the lack of regarding it. “In Pakistan, that breast cancer is raise among women” Ribbon Campaign. In this regard, the students from 4th Medicine (the Institute Medicine) in Peshawar on breast awareness. Fellows of the IRNUM for Radiotherapy and Nuclear medicine University to attend a seminar.

Providing VIP Treatment for All

The Consultant Surgery unit in SBDC has undergone a drastic refurbishment and redecoration

A hygienic, white-walled sterilised and fully equipped surgery has come out of its own surgical procedure swanky clean, spotlessly tranquil and revamped with a new autoclave machinery. Regarding the need for this change, Dr. Ahmed Abdulah, Senior Lecturer and Consultant dentist says, “After two years, a change of settings or let’s just say, the mood, was strongly felt by all. As we had already put up an order for a new autoclave machine which was direly needed for performing sterilisation of instruments, hence for further cleanliness the issue of white washing the room came up which ultimately led to changing the whole decor. Our treatment remains the same though, our doctors are as efficient and every patient is as VIP as s/he was before this. In fact many patients have indicated the change in decor to be tranquillising for their ‘dentist-stricken nerves’!”